Brick By Brick We Build Our Lives

Education is everywhere! Every place you go, every person you meet, and every experience you go through will teach you something about who you are and what you need in order to become better. There is always room for improvement and there should never be a point in your life when you stop learning. You may learn something from the smallest or oldest person in the world, but what ever you learn in some way will be apart of your life now. Whether you know it or not learning takes place inside the classroom and outside of it. Education is something you choose to accept or not, but accepting new the ability to learn new things provides a more knowledgeable person. Being well rounded in many areas gives you the education you need to succeed in life. The more you knew the better off you’d be, so embrace the opportunities life gives you to explore, learn, and grow.

Throughout high school, mainly your junior and senior year, your teachers and everyone else you see always asks you, "What do you want to do with your life...what are you going to college for?" I never really knew what I wanted to do my whole life up until my sophomore year in high school year, that's when it really hit me of what I wanted to do. There are some people that knew what they wanted to do since they were in middle school and they still to this day are going strong on that career, but I was always "ify". Something that changed my whole career around was when a few of my friends had some psychological issues, whether it was cutting themselves, anorexia, bulimia, or just problems from home that they didn't know how to handle. These all gradually helped me decide that I wanted to be a psychologist because when these things take over you it's hard to stop them without the help of family, friends or a psychologist. I was the one that stood by these friends when they had no one else to go to and this is why I want to be a psychologist, so I can always be that person helping someone in need.

Something that really hit home for me was when I found out that my very closest friend had been starving and cutting herself. I found out by hearing one day that my friend wasn't eating at lunch; so that week I asked her everyday what she had for lunch and she told me, "Oh, a normal meal…you know". Then I asked the person who told me in the first place that they hadn't been eating and they said that, that was a lie, and when I noticed myself that she had been losing weight I spoke with my friend. This then stopped, but then about a month later my friend, them self, had told me that they were cutting their wrists (after I had seen the evidence one day). I talked to them about it and it seemed ok and they promised to never do it again. Maybe about a week later I was in class and another one of my friends, who always had their phone on them, had received a text saying that they should tell me I was needed in the bathroom down the hall. I went to the bathroom and little did I know there sat my friend in a stall in tears because she didn't know what to do anymore, she had used a house key this time to cut her wrist and at this point seeing my friend so helpless I knew that they needed more help than I could give them. Now, obviously at this point I wasn't a psychologist, so I wasn't trained to handle this situation on my own, so I directed my friend to a school counselor and she then was sent to a psychologist.

This psychologist not only changed my friends’ life, but it also changed mine. This psychologist help my friend change the way she was thinking about herself and let them see that what they were doing wasn't the right way to handle hard situations. To this day I know that my friend is a lot better off and able to handle their problems without hurting him or herself. It changed my life because it made me realize how much of an influence or help I could be by being a psychologist. Also it changed me because I know that as a friend, I was hurting to see my close friend go through those rough times and by the psychologist helping them it helped me get my piece of mind back. I want to be that psychologist that is able to help anyone that walks through my door! "The sun is shining on these pieces that are scattered all around...Its where we kept our love and every single memory...you took my breath away."-Train

Now that I'm in college I can achieve my goal of becoming a psychologist by trying my best at everything that I do and then moving on to my masters after my undergraduate. Even though when I made my decision to come to college for psychology I still didn't know exactly what I wanted to do or focus on and as I progress through my semesters I get closer and closer to graduation and think of how I should decide soon. I just currently declared my minor in criminal justice and a concentration in family, children, and youth, so I feel that I'm making progress in the right direction but I still am unsure of myself at this point because there is so much you can do with psychology.

Two memories that I will always have about deciding my career is 1 when I broke down and was so stressed that I almost changed my major and 2 is then realizing that I couldn't change my career. I had a break down last semester, I really didn't know if I still wanted to be a psychologist because every time someone would ask me what I was majoring in (mostly older folks) they would say that there were no jobs in this field. Hearing this time after time and then doing my own research I lost sight in why I really chose this field; not because of the job or money but because this is what I would love to do because of my past experiences. At this point when I had my break down I had gone to the career center and they helped me look for job options in this field, making me feel a little better about my choices. My sister asked me if I would change my career, what would I change it to? And my answer was, I honestly don't know, because psychology is what I want to do. I then at this point, remembered those friends in high school and that psychologist that helped my friend, and this really made me stick with being a psychology major. I realized that if I want to be happy with my career then I would only achieve this by being a psychologist or at least doing something in that field. I think I would be happy by doing other things but my happiest would be to be a psychologist. "The sky has made it back to blue, everything that's left is telling us the worst of it is through."-Train

In my future I see myself graduating with my masters, happy for it all to be done and excited to be out in the real world putting all my education to use. I picture my future as me working in a psychologists’ office surrounded by other psychologists, but having my own practice. I’m open to traveling to see people that need me such as going to hospitals or schools. I volunteer and help in shelters or places where the money to pay me isn't available. Day after day I may have my usual patients but those usual patients I get to see grow but also make mistakes, throughout my time with them. The hard part is trying not to get emotionally attached to my patients after seeing them through all their problems. Also learning after everyday that this I can’t let affect my personal life. Through everything I will be rewarded with knowing that I have helped so many people have better lives but also it will be a struggle to keep work separate from my life. Each patient will have their own quirks and follies, but this also becomes a learning experience for me to understand what they need to achieve a better life. Every patient will help me grow in my career by teaching me new things everyday. Every patient will build me up while I build them up! You never stop learning and life continues to build on, "Brick by brick, we can build it from the floor..."-Train